

Journey Through Life Ministries

Your Spiritual Newsletter

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Journey Through Life Ministries' Newsletter is a quarterly publication promoting spiritual awareness and evangelism in the communities.

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Journey Through Life Ministries accepts testimonies and questions provided they are related to spiritual awareness. All testimonies and questions will be edited for content & validity.

Please note that Journey Through Life Ministries does not publish political or opinion pieces.



Welcome to Journey Through Life Ministries' Quarterly Newsletter. We pray you will be blessed by the reading of these inspirational articles.

Our goal is to fulfill the great commission Jesus commanded in Matthew 28:16-20 to "...go and make disciples of all...."

This is being achieved by working with churches, professional organizations, social services, and the publication of this quarterly newsletter. As an outreach ministry in the communities, we also offer to adults and youth Biblical studies through various enrichment programs, motivational teachings, and discipleship workshops. All of these programs are created to help individuals to discover the "love" of God and who they are in Christ. And, finally these programs will help individuals to learn the "freedom" they have in Christ Jesus as they become "free" spiritually enabling them to live their lives walking victoriously in the destiny God has planned for them.

We Would Love To Hear From You!

Do you have a testimony or praise report you would like to share? We would love to publish it! Your testimonies and praise reports are encouraging words of praise and glory of what God has done in your life—and it will be a great help to others in their walk with the Lord. Email your testimony to journeylife@verizon.net or visit our website www.journeythroughlifeministries.net (prayer request page).

For Back Issues



Visit our website at:

www.journeythroughlifeministries.net/newsletters



Shoe Boxes for Seniors is an on-going program drive. You can send donations any time during the year for the ***Shoe Boxes for Seniors Program***. Checks or money orders can be mailed to:

Journey Through Life Ministries
P.O. Box 17968
Pittsburgh, PA 15235

We are in need of: *Socks; Hats, Scarves; Puzzle Books; Men's Tee Shirts; Travel Mugs; Adult Coloring Books; Pill Boxes; Toothpaste; Tooth Brushes; Sugar-Free Candy and Cookies; etc.* Gift items can be dropped off at our Teaching Facility any Wednesday from 5:30 to 7:00 p.m. at 10529 Lindberg Avenue; Penn Hills, PA 15235.

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<http://journeythroughlifeministries.blogspot.com/>

Kingdom Living Is "Heaven's Culture" On Earth - Part 1

Rev. Georgetta Head

"Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence. (John 18:36)

Growing up as a child, I often wondered what Heaven was all about, was it real, where did God live, was He watching over me, does He hear me? My mind even wandered into the realm of death. Where would I go after death? Would I float around with a disembodied spirit from cloud to cloud? Would Heaven be boring and who would I see in Heaven? What was God's purpose for creating humans? All of these unanswered thoughts left me fearful and afraid of heaven and dying.

It wasn't until I came into the kingdom of God and began studying His word that He started revealing to me the mysteries of heaven, hell and life after death. As I began my journey discovering the truth of God's word, I soon learned there are many individuals, like myself, including leaders and pastors who also did not understand the awesome beauty of heaven nor God's promises regarding heaven and earth, which is the inheritance for Believers, and hell which is the fate for unbelievers.

Holy Spirit has recorded many scriptures in the Bible relating to heaven, hell, life after death and what is going to happen to earth in the future, but we have to study and research the word for our answers.

One of the greatest discoveries I learned through my studies is that Heaven is real and it is a physical place. Heaven is invisible to us but it is real and there is activity in Heaven. Heaven is a place of order with a government and culture. Most can think of heaven as a place of "order" but not a place with a government or culture.

For this article we will focus on creation and culture. To understand Heaven and God's purpose for creation and culture, we need to start in the Book of Genesis. Father God created Adam and Eve with the purpose of them ruling and reigning on earth. When God blessed Adam and Eve in Genesis 1:28 He said unto them: *"be fruitful, and multiply, and replenish the earth, and subdue it; and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth."* Psalms 24:1 we read: *"The earth is the Lord's, and the fullness thereof; the world, and they that dwell therein."*

Genesis 1:28 and Psalms 24:1 reveals to the reader Father God's purpose and intent for mankind. The earth belongs to the Lord and He created man to rule on His behalf. As the reader continues to Genesis 2:15 God took man, and put him in the Garden of Eden to *"dress it and to keep it."* God's intent was never for man to "own" earth! According to Genesis 2:15 man's responsibility was to take care of the Garden and to protect it ("keep" in Greek means to guard or to protect).

Be fruitful,
and multi-
ply, and re-
plenish the
earth, and
subdue it;
and have do-
minion.....



Adam and Eve, created in the image of God (Gen. 1:26), were to manage earth for God with the culture of heaven.

God's plan for creation was and still is for Heaven's culture to be infused in earth. When God blessed Adam and Eve that blessing was to flow to every human born from the loins of Adam. To be fruitful and to multiply was not limited to just birthing children, God was also blessing present and future endeavors such as, ministry's, finances, jobs, etc. God was blessing the fruit of their hands! When Adam and Eve sinned, God's purpose for mankind and earth was not aborted.

What is the culture of Heaven? It is a government with commandments and statutes of love, joy, contentment, peace, justice, unity, and equality for all. Heaven's culture is one of abundance for all that trust in God for their provisions. The Books of Exodus, Deuteronomy and Numbers gives the reader a glimpse of heaven's culture when God established the nation of Israel.

Wilderness: When God freed the children of Israel from Egyptian slavery, He took them into the wilderness to speak to them and to declare to them their purpose. He was going to make them a nation with a "heavenly" culture, which is holy (Lev. 20:7), influencing earth with "heaven's culture." He was also going to give them land He promised their father Abraham. Land to rule and reign! (Gen. 13:16-17).

The Israelites were to be a "light" to a lost and dying world (Lev. 17:8; 18:26). While in the wilderness, God's plan was to: establish them as a "nation" with a government and culture; to purge out of them the influences of Egypt, and to teach them heaven's culture. They were to take heaven's culture with them into the "promised land." Unfortunately, they failed! The children of Israel refused to

follow God's heavenly culture, which were commandments, statutes, precepts and promises of abundant living found in the Bible. As, when Adam and Eve sinned, the children of Israel's disobedience didn't abort God's plan.

In the fullness of time God sent His only begotten son, Jesus. He was a Light to a dying world! He came to teach us how to live as kingdom citizens and to show us the way to eternal life. Jesus' first sermon was "repent, for the Kingdom of God is near!" Also, whenever He told a parable, He began it with "the Kingdom of God is like..." Jesus always talked about the kingdom, heaven, and hell. In John 18 he tells the listeners that His kingdom is not of this world. *Do you still believe Heaven is not real or physical?* Think about this for a moment! If the kingdom of God is not physical, then why did Jesus tell the disciples "in my Father's house are many mansions." Houses and mansions are physical buildings, they are not spiritual building. Also, when God told Moses to build the Tabernacle in the wilderness, it was a replicate of the "real Tabernacle in Heaven."

Jesus always taught the disciples the truth of the kingdom by word and action! When asked what commandments to keep, He stated LOVE as the greatest commandment—to love God with all your heart and soul and to love your neighbor as self. Jesus died on the Cross to establish a new covenant with mankind. A covenant of Grace by His shed blood and to establish His church, which are the ones that accept him as Lord and Savior of their life.

As the Church we are to be the light to a lost and dying world, leading them to Christ Jesus and teaching them "heaven's culture." Are you being a light for Jesus.? Are you influencing your environment with the Love of Jesus? Are you living "heaven's culture" of love, joy, peace, contentment, etc., enjoying the promised abundant life? (**Part 2 On Heaven's Culture next quarter.**)



"Apostle Paul"

Rev. Georgetta Head

The Apostle Paul, also known by his Jewish name Saul of Tarsus, was born a Roman citizen to Jewish parents in Tarsus, which is modern eastern Turkey. Tarsus, during Paul's time was ancient and prosperous, he describes it as "no ordinary city!" Industries in Tarsus included weaving and tent making—a craft Paul would use later to subsidize his travels. Paul's family lineage can be traced to the tribe of Benjamin. According to historians, Paul was a bald-headed, bowlegged short man with a big nose, and an unbroken eyebrow that lay across his forehead like a dead caterpillar. He was not married. Prior to Paul's Damascus conversion he was dedicated to persecuting the early disciples of Jesus in the area of Jerusalem. Acts 8:3 says, *"he made havock of the church haling men and women to prison."* Why the persecution of the Jews? Paul before his conversion, was a Pharisee, who studied the Jewish scriptures and religious laws under Gamaliel, who was a member of the ruling council of the Sanhedrin. The Pharisees were the ones who condemned Jesus to death because they said He blasphemed by stating He was the Son of God, making himself equal to God.

On Paul's journey to Damascus with letters from the high priest to persecute the Jews who believed on Jesus Christ, Jesus calls out to Paul from heaven saying *"Saul, Saul, why persecuteth thou me?"* Paul actually thought he was doing the right thing by persecuting the Jews, but he soon discovered his wrong doings. Jesus had Paul to visit a disciple named Ananias to tell him how to be saved. After Paul's conversion Holy Spirit took him to Arabia for three years, which I believe was his teaching and calling as an Apostle.

After Paul's three years training, under Holy Spirit, he was sent back to Damascus to preach Jesus as the Messiah. The one who once was the persecutor is now being persecuted by the Pharisees and Paul had to leave Damascus. Jesus sent Paul on several missionary trips in which he was instrumental in setting up many Churches in Asia Minor, Greece, Corinth, Thessalonica, etc.

Holy Spirit spoke through Paul to write several letters to the churches which are now Books of the Bible. The two books I believe to be very valuable for understanding Jesus going to the Cross and what benefits are afforded a believer regarding salvation, sanctification, redemption, and the sin-nature are Romans and Hebrews. Paul's faithfulness in the work of the Lord cost him his life, but he said *"to live is Christ, but to die is gain" (that is eternal life)*. The books of the Bible that Paul wrote are not only full of hope and promise of a better life with Christ, these books also teach us how to live a Christ-like life on earth until Jesus returns for the Church. Paul's writing are worth reading several times, because they are filled with revelations needed for every Christian who makes up the Church.

Bible Facts

Elder Charles S. Head

"Er" was the first person God killed for being wicked. (Genesis 38:7)

David is mentioned 1139 times in the Bible, second only to Jesus.

The longest word in the Bible is Maher-Shalal-Hash-Baz.

Andrew was a disciple of John the Baptist before becoming Jesus' disciple.
(John 1:35-40)

During a severe famine in Samaria, a donkey's head was being sold for 80 pieces of silver and 16 ounces of a dove's dung was being sold for 5 pieces of silver.
(2 Kings 6:25)

John the Baptist never performed any miracles. (John 10:41)

Only two people died by hanging in the Bible, and both were suicides—Ahithophel
(2 Samuel 17:23) and Judas (Matthew 27:5)

Book Review

**Order your
copy of
the Bible
today!**



The Bible is a great book written about a King and His Kingdom. It reveals why the most important King, ever, left His Heavenly throne to redeem lost man.

The Bible teaches man why they need salvation and how to have a relationship with God, our creator. And, most importantly, the Bible teaches us why Jesus Christ died on the Cross, and what the Cross means for fallen man.

**Available at any Christian Book Store.
Order your copy today to learn the truth about salvation,
eternal life, real love, and how to live in this world.**

Ministry News

Rev. Georgetta Head

Designs By God



Is your church or Women's Group planning a Women's Conference, Bible Study, Workshop, or Retreat?

Rev. Georgetta is available for the months of August, September & October 2018

**For Booking or Information, call
412-583-8628
Email:
journeylife@verizon.net**

7 Keys to life:

- #1 God first.
- #2 Love one another.
- #3 Never hate.
- #4 Give generously
- #5 Live simply.
- #6 Forgive quickly.
- #7 Be kind always.

Journey Through The Bible:

Weekly Bible Study every Wednesday from 7:00 to 8:30 p.m. all are welcome to attend as we study the Word scripture-by-scripture.

Daughters of Wisdom and Virtue Meetings:

Women's Fellowship Meetings are held the 2nd and 4th Thursday monthly. We are currently studying: "God's Original Plans and Purpose." Through this series we are learning that God has not aborted His original plans and purpose for his people the Church.

New attendees are welcomed and participation from previous weeks is not a prerequisite for attending.

Men On A Journey Fellowship:

Men's Fellowship meetings are held the 3rd Saturday monthly. The men are currently studying Tony Evan's "Kingdom Men" Series. All men are invited to attend these monthly meetings. Time is 10:00 a.m. to 12:30 p.m. at JTLM Teaching Facility.

Shoe Boxes for Seniors Outreach:

"Shoe Boxes for Seniors Program" is an ongoing project throughout the year, collecting items for distribution in December. Individuals can contribute items or cash donations for Christmas 2018 any Wednesday from the hours of 5:30 to 6:30 at our Teaching Facility in Penn Hills.

Footsteps in The Word Workshops:

Interested in growing in your relationship with God; Desiring to understand the Bible; Interested in understanding your position as a Believer; or Interested in understanding Bible principles, statutes, commandments, and precepts—great! These workshops are for you!

To register contact Elder Charles or Rev. Georgetta Head at 412-583-8628 or email your inquiry to journeylife@verizon.net or visit website's Event page for more information:

www.JourneyThroughLifeMinistries.net



Rev. Georgetta Head

“For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?” (Luke 14:28)

We are at the end of the first quarter and we are still receiving questions about cutting expenses to save money and how to setup an emergency fund. God never intended for His children to live in lack! We live in lack because too many in the body of Christ have adopted the world's mindset of “buy now pay later!” This type of attitude causes many to struggle financially living paycheck to paycheck. Following are some suggested ideas for cutting costs to help setup an emergency fund or savings:

ATM Fees: Many stores now offer third party ATM machines for customer's convenience, but did you know there are fees associated with using these machines. Using these third party machines, will cost you anywhere from \$3.00 to \$5.00 per transaction. Use only ATM Machines linked to your bank.

Late Fees: Paying these types of fees is like flushing money down the toilet! Plus, late fees lower your credit scores. Make it a habit to pay your accounts at least 4 to 5 days in advance. Establishing a budget reminds you of bills due each month. Paying late fees is not being a good steward of your money!

Magazines Subscriptions: Many people subscribe to magazines which they never read and end up throwing away. What a waste of money! If you have a smart phone, download the Library App “Flipster,” this app allows you access to just about every published magazine. Get re-acquainted with the Library and cancel the unread magazine subscriptions!

Lunch: Eating out is very costly! Try packing your lunch and watch the savings add up. Instead of drinking sodas, juices, or those fancy coffee/tea drinks all day at work, try water. Start carrying a water bottle to work! Water is much better for you anyway!

Cable: This is a big one! Consumers are spending unnecessary money yearly for services they don't need and for channels they don't watch. Cut the cable! There are other options such as Roku, etc., and using an antenna for local channels. Think about it, how much TV are you really watching, especially if you are working! Do your homework, why be locked into a contract when most shows are streamed for free.

Impulse Spending: This is a major problem with consumers — we don't think before buying. We buy out of “*feelings of the moment*” and Vendors know this. Before making any purchase, especially big ticket items, pray about it and give yourself two to three days of thinking about the advantages or disadvantages of purchasing this product.



Worry is a state of anxiety or uncertainty over actual or potential problems. It gives way to anxiety or unease; allowing one's mind to dwell on difficulty or troubles. For this article we will explore **Matthew 6:24-37** for revelation about worry.

Worry is a waste of precious time and steals joy, peace and productivity. It does not add (v. 27), but subtracts from our life. In math, anything that is subtracted (except 0), takes away from the original number and the result is always less than the original. We are all given 24 hours in a day—that equates to 1440 minutes or 86,400 seconds. Worry subtracts from our day because we spend time worrying instead of being productive, resting or just enjoying our day. Often before we know it, our day is over and worry has taken up most or all of our time. We shouldn't worry about tomorrow (or even yesterday) but focus on one day at a time—for each day has enough problems of its' own (v. 34). Once time is gone we can't get it back.

Worry can lead to fear. Worry about what we will eat, how we look, what others think about us, about our loved ones, how we will pay our bills, what the doctor report says, is futile. (vs. 25 & 31) When excessive worry becomes fear, it is crippling. It keeps one from moving forward in life by making one feel stagnant and unproductive. Fear is not from God but the devil. God promised to supply all our needs according His riches in glory (Philippians 4:19) and has not given us the spirit of fear but of power, love and a sound mind (2 Timothy 1:7). We can either have faith or fear about a circumstance, problem or decision. It's a choice. Worry is the opposite of faith and often what we worry about may never happen. Fear has two acrostic meanings: **Forget Everything And Run** or **Face Everything And Rise**.

Worry can lead to physical health problems. Extreme worrying can affect daily life so much that it may interfere with one's appetite, lifestyle, relationships, sleep, and job performance. Many people who worry excessively are so anxiety-driven that they seek relief in destructive habits such as overeating, cigarette smoking, pornography or using alcohol and drugs. Addictions are hard to break without professional, medical or spiritual assistance and can last months or often years.

Worry in excess can lead to Depression. Spending too much time worrying about or focusing on problems or the issues of life can lead to depression. Depression is a series medical illness that triggers hopelessness and affects the way one thinks, feels, or acts. We become what we think about! Our daily thoughts, directs our actions, which ultimately directs our life. Worry builds strongholds that keep us in bondage and can sink us into despair. Worry can lead to negative confessions in our mind and sometimes on our tongue. What we think about and believe (Proverbs 23:7) and what we often speak about (Proverbs 18:21, Luke 6:45), usually becomes our reality.

Strongholds are built when a thought or belief erects in our mind and is strongly defended or upheld. When we accept Jesus Christ as our Lord and Savior, the word of God becomes our reality (truth). Whenever our thoughts and words aren't in agreement with who God says we are, then they are based upon a lie. We don't have to receive or even mediate on every negative thought that comes into our mind or every negative word spoken from another person. Second Corinthians 10:5 states that we have the authority to tear down strongholds and take captive (*cont'd page 13*)



Men On A Journey

"Fight With Weapons from God"

Elder Charles S. Head

As men of God we have both authority and power from God to stand our ground in time of warfare with the enemy of our soul, satan.

God has provided all the equipment we need in His word, the Bible, but we must put it on and exercise our authority in order to defeat the enemy.

Acknowledge God

**In all your
ways and**

**He will direct
your path.**

Prov. 3:5-6

One great example found in the Bible of a man taking authority over the enemy is Nehemiah. He faced much adversity from the enemy when doing God's work for his own people but God made his journey victorious. (Nehemiah Chapters 1 thru 13.)

Artaxerxes Longimanus was ruling the Medi-Persian Empire when news reached Nehemiah about the deplorable conditions in Jerusalem. Nehemiah's brother, Hanani and his friends, had been to Jerusalem and informed Nehemiah of how the Jews in Jerusalem were in great affliction and reproach. The wall of the city was broken down and the gates were burned with fire.

Appearing sad before the king was unlawful, but Nehemiah after hearing the news of his beloved Jerusalem was with great sadness when he offered wine before the king in Shushan. When the king was informed of Nehemiah's sadness, the king put a plan together for the repairing of the walls in Jerusalem. God gave Nehemiah favor with the king!

The return occurred and the walls were rebuilt in 445 B.C. Arriving in Jerusalem, Nehemiah lost no time with his plans. During his first night there he arose and took a few men with him to investigate the conditions of the walls and gates. He went out at the Valley Gate, past the Dragon Wall, the Dung Gate and on to the Fountain Gate and finally to the king's pool. Neither his friends nor the rulers knew his plan until he called them together and made known the secret of his heart and the king's decree. In spite of severe opposition from Sanballat and Tobiah, Nehemiah and those who helped him rebuilt the walls and gates in 52 days. Threats were poured out with great contempt against the builders. A conspiracy was formed to fall upon them with an armed force, but Nehemiah was undaunted in his purpose and courage.

He finished the task even though his men worked with a trowl in one hand and a sword in the other. Nehemiah worked with Ezra, and after 12 years returned to Babylon, but his stay there was not for long. His heart and soul were in Jerusalem. He returned to Jerusalem where he stayed, possibly the rest of his life, though we do not know where or when he died.

9. JOSHUA

ACROSS

1. "... and _____ the men of Ai" Josh. 8:21
5. "And Joshua _____ ued them" Josh. 6:26
8. "... he will _____ and do you hurt" Josh. 24:20
12. "... a _____ giveth ear to a naughty tongue" Prov. 17:4
13. "And if any man will _____ thee at the law" Matt. 5:40
14. "... and I gave unto _____ mount Seir" Josh. 24:4
15. "... whose _____ quity is of ancient days" Isa. 23:7
16. "... and _____ father's household" Josh. 6:25
17. "... he _____ nothing undone" Josh. 11:15
18. "... a mortar among wheat with a _____" Prov. 27:22
20. "... wh _____ the children of Israel wandered" Josh. 14:10
22. "... why _____ ry the wheels of his chariot" Judg. 5:28
23. "... their _____ were without number" Judg. 7:12
27. "Hebron ... became the inheritance of _____" Josh. 14:14
30. "... We are _____ servants" Josh. 9:8
31. "... for the _____ that is in the land" Isa. 7:18
32. A son of Jerahmeel: I Chron. 2:25
33. "And the coast ... went out _____ little" Josh. 19:47
34. "... The five kings are ... in a _____" Josh. 10:17
35. "... and in earth be _____ th" Josh. 2:11
36. "The King of _____ puah" Josh. 12:17
37. Firm
38. "... _____ king of Lachish" Josh. 10:3
40. "... only the _____ mp of Dagon was left to him" I Sam. 5:4
41. "Wilt thou also dis _____ ul my judgment" Job 40:8
42. "... Joshua ... _____ them on five trees" Josh. 10:26
46. Part of Issachar's inheritance: Josh. 19:20
49. "... seeing I _____ great people" Josh. 17:14
51. "... Your fathers dwelt on the other _____" Josh. 24:2
52. "... men of _____ wn" Num. 16:2
53. Food fish
54. "... _____ unto this day" Josh. 6:25
55. City of Judah: Josh. 15:21
56. "... Loose thy s _____" Josh. 5:15
57. "... any thing that is _____ upon usury" Deut. 23:19

DOWN

1. Strike
2. "... this _____ of scarlet thread" Josh. 2:18
3. "... neither desire thou his dainty m _____" Prov. 23:6
4. "... that is _____ in the book of the law" Josh. 23:6
5. A son of Jacob: Gen. 30:13
6. "... in their _____ season" Num. 28:2
7. City captured by Joshua: Josh. 6:1-20
8. City of Judah: Josh. 15:24
9. "... they shall no more _____ it as a proverb" Ezek. 12:23
10. "... and our _____ ters of fir" Song of Sol. 1:17
11. "... _____ s, and almonds" Gen. 43:11
19. "... a land for which ye did not _____ our" Josh. 24:13
21. "... _____ thee an ambush" Josh. 8:2
24. Mount on which Joshua built an altar: Josh. 8:30
25. Son of Jacob: Gen. 29:34
26. "... and multiplied his _____" Josh. 24:3
27. Part of speech: Abbr.

Puzzle - Joshua



This puzzle is a great way to learn Bible history.

To solve puzzle, you will need to look up each reference scripture next to the clues.

Puzzle by: The Students Bible Crossword Puzzle book.

28. "The ants _____ people not strong" Prov. 30:25
29. "... he shall _____ from Bashan" Deut. 33:22
30. "... the Philistines had s _____ ped them" Gen. 26:15
33. Land conquered by Joshua: Josh. 12:21
34. "... and asked not _____ at the mouth of the Lord" Josh. 9:14
36. "... the brass, the iron, the _____" Num. 31:22
37. "And _____ y ye not" Josh. 10:19
39. "... for _____ beforetime was the head of all those kingdoms" Josh. 11:10
40. "... the Lord is thy _____ upon thy right hand" Ps. 121:5
43. "... and _____ me a true token" Josh. 2:12
44. Son of Joah: II Chron. 29:12
45. Slight hollow
46. "... behold, we _____ in thine hand" Josh. 9:25
47. "... but keepeth his _____" Ex. 21:18
48. "... pursue after your _____ mies" Josh. 10:19
50. "And the sun stood still, and the _____ n stayed" Josh. 10:13

"How are you?"

Useless
Rejected
Lonely
Defeated
Pathetic; Annoying
you don't notice it
and you're falling apart
Fragile; Anxious
Never good enough
Broken
Confused; Betrayed

Time & Worry - (cont'd)

every thought and make it obedient to Christ. God is the designer and source of our life and is the cure for worry. He provides for all of His creation (nature, animals, birds, mankind, etc.). We are much more important to Him than nature! (vs. 26, 28-32). When we seek first after God's Kingdom and His righteousness (**His way of doing and being right—the attitude & character of God**), our needs will be met also. (v. 33)

Personal Experience:

Many battle worry, anxiety and depression in the body of Christ and often these areas are ignored or unnoticed. They do a great job of masking or keeping it hidden—looking great on the outside but hurting on the inside. I want to share what I learned from my experiences with depression. If I can help someone in their struggle, it is well worth it.

Matthew 6:24 talks about money and how you cannot serve two masters—for you will be devoted to the one and despise the other. It's interesting how this verse about money (idols) is right before the verses about worry. Money often leads to worry — having too much can lead to hoarding or the fear of losing it; whereas too little can lead to anxiety because of lack or not having enough.

Throughout the years that I struggled with worry and anxiety, which lead to major battles with depression and burnout, that ultimately took me out of Corporate America and caused financial woes after I left. God allowed a way of escape for me by opening up an opportunity for me to get Disability income. I thank God for the income but with it, came restrictions. I am still struggling with depression, lack and debt today but I have learned to focus on one day at a time and know, without a shadow of doubt, that God is in control of my life and has my back. I tried to accomplish everything in my own strength in the past, often without seeking God, and He has proven to me, time and time again, that when I trust Him, my needs are met. I believe my circumstances will improve and I continue to seek God for direction every day. I meditate on Philippians 4:4-9 regularly. God is my lifeline when I sink into despair about my life and He pulls me out because of His unfailing love. My relationship with God is so much more intimate today and I praise Him for letting my tests become my testimony.

INVEST IN PEOPLE—BECOME A JTL FINANCIAL PARTNER

- Now is the time to take action -
Journey Through Life Ministries needs your help!

I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me. (Matthew 25:37)

☐ **Yes! I want to be a partner and commit to a monthly amount of:**

☐ **\$5.00** ☐ **\$10.00** ☐ **\$20.00** ☐ **\$30.00** ☐ **\$40.00** ☐ **\$50.00** ☐ **Other**

or: ☐ **Send a one-time gift of any amount.**

Ministries' Outreaches:

Women's Ministry Men's Ministry Senior's Ministry Prison Ministry Christian Counseling

Journey Through Life Ministries, thank you for helping us to reach our neighbors in need.

Name: _____

Send your tax deductible gift to:

Address: _____

City: _____ State: _____

Email: _____

Phone: _____ Cell: _____

Journey Through Life Ministries
P.O. Box 17968
Pittsburgh, PA 15235

**For teachings and workshops call: 412-583-8628
or Log onto our website: www.JourneyThroughLifeMinistries.net**

*Looking for Answers?
They're in here!*



Footsteps In The Word Meetings & Workshops

Journey Through The Bible

Bible Study—Wednesday Evenings

7:00—8:30 p.m.

JTLM Teaching Facility

10529 Lindberg Avenue

Penn Hills, PA 15235

Cost: Free

Daughter's of Wisdom & Virtue Fellowship

2nd and 4th Thursday's Monthly

7:00—9:00 p.m.

JTLM Teaching Facility

Penn Hills, PA 15235

Cost: Free

Men On A Journey Fellowship

3rd Saturday Monthly

10:00—12:00 Noon

JTLM Teaching Facility

10529 Lindberg Avenue

Penn Hills, PA 15235

Cost: Free

Daughter's of Wisdom & Virtue Fellowship

"Holy Spirit Cake Bakeoff Fundraiser"

Join us in *"Making A Spiritual Cake "*

October 13, 2018

Penn Hills Library

To Register Call 412-583-8628

Cost: Free



Rev. Georgetta Head

Ruth & Naomi

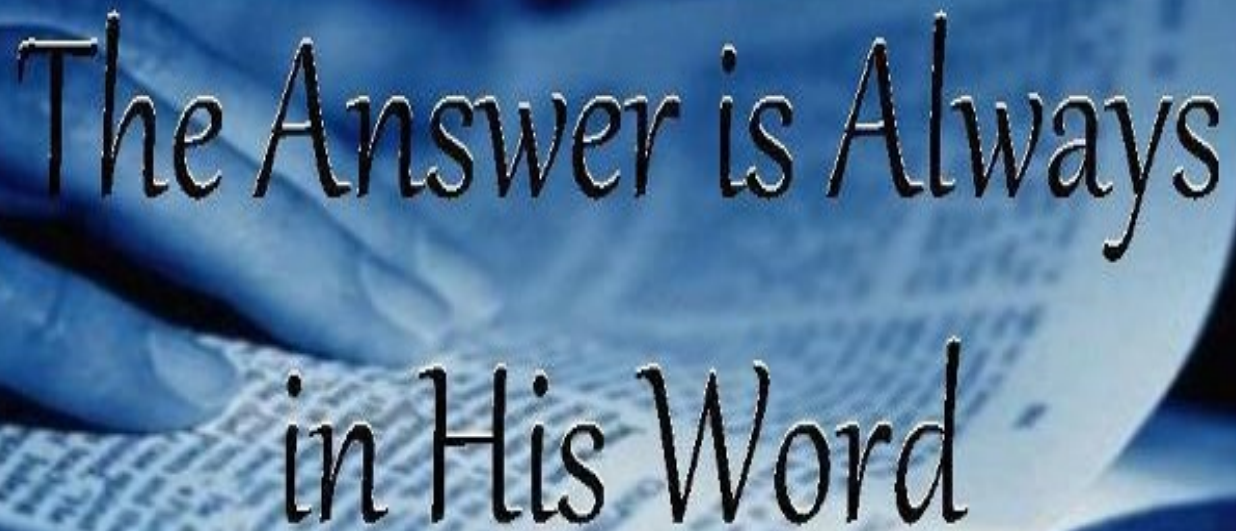
A Light In A Dark World (part 1)

“And Ruth said, entreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God.”
(Ruth 1:16)

The Book of Ruth is about the Journey of two women surviving through an adversity, which formed a friendship of love and trust. Through this wonderful story we experience the unseen hands of God guiding them into a destiny that has been recorded by Holy Spirit for generations after them to read and to learn of the love of a caring Father.

The Book of Ruth begins with the story of a famine in the land of Bethlehem-Judah. Because of this famine, a man name Elimelech uprooted his wife, Naomi, and two sons, Mahlon and Chilion, and took them into the country of Moab to survive. While in Moab, the two sons married Moabite women by the names of Orpah and Ruth. In the process of time, Elimelech dies and shortly after his death, his sons Mahlon and Chilion died, leaving behind three widows—Naomi, Orpah and Ruth. These deaths hit Naomi so hard that she told others *“do not call me Naomi, but Mara, for the Almighty hath dealt very bitterly with me. I went out full, and the LORD hath brought me home again empty.”* (Ruth 1:20)

Naomi decided to return home! She encouraged her two daughters-in-law to return to the home of their Mothers. Orpah agrees and returned to her land of idols. Ruth, however chooses to remain with Naomi. She told Naomi *“entreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God”* (Ruth 1:16). What a wonderful declaration! Ruth chose to separate herself from the land of idolatry worship! She has chosen to worship the “living God” of Naomi! How many would make a decision like that—leave your family and a country you are familiar with to take a journey to an unknown country with an entirely different culture. Ruth had to learn about God from Naomi! Naomi shared with Ruth stories about the strength and power of her God—Elohim; and how He rescued her entire nation from a cruel dictator with a “strong and mighty arm.” Ruth has now accepted Christ as her Savior, her Lord, and Master! For ten years Naomi was a “light” in a dark and dying world of idolatry worship, but unfortunately only “one soul” responded to the light—Ruth. Are you a “light” in your community, your workplace, your home. There is always “one soul “ that needs to hear about the “Living God” who is full of grace and mercy. One soul wanting to know how to come into the Kingdom of God Almighty! Let your light shine brightly in this dark world—that soul is waiting!



The Answer is Always in His Word

"What Is Your Motive?"

ELDER CHARLES HEAD

"Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven." MATT. 6:1

Did you ever ask yourself the question, "why do I do what I do?" According to Jesus, we should always examine our motives, such as "why" and for "what" reason we are doing them.

It's natural for us to want to be rewarded for our accomplishments, but not to a point to where we are always wanting the praises of men, rather than having a humble spirit, even when people don't recognize what we have done.

When we do things as unto the Lord, that should be reward enough to know that He is well pleased with what we are doing. This is not to take away from times when we reward or honor people for their labor of love, which is sometimes necessary to encourage people and to let them know they are appreciated.

In Matthew 6:1-4 Jesus expresses to us the right motive to exhibit before others (*"Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven. Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward. But when thou doest alms, let not thy left hand know what thy right hand doeth: That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly"* Matthew 6:1-4 KJV).

The point is that we don't need to make a lot of noise so people can see us and give us a pat on the back when we do something, but rather stay humble enough to know that even when we don't receive the praises of men, God will reward us in the end. When we do this we automatically gain God's favor, and his blessings will follow us on our journey.

Servants of God



*Pastor Raymond Harper &
First Lady Bea Harper*

Reverend Raymond C. Harper, Sr. is married to Beatrice M. Harper and have been married for 50 years. By the grace of God, two children and eight grandchildren were added to this union. He is the Pastor of Enon Baptist Church located at 110 Erin Street, Pittsburgh, PA 15219.

Brother Harper has served God as the Chairman of the Deacon Board, Superintendent of Sunday School and has acted as overseer of Enon Baptist Church in the absence of a pastor. As a promise to God, he began to work in the janitorial areas of the church and continues to do so. God spoke to him after reading Isaiah 11:1-2 and he accepted the call. He received his minister's license in December 2017 and was ordained on January 14, 2018. In addition, Brother Harper was installed as the Pastor of Enon Baptist Church on the same day.

His educational background includes receiving a BS/BA Degree from Robert Morris College, a Master's Degree from the Stonier School of Banking, a Diploma from *The Harty Bible School* and is presently continuing his Christian Education at the Greater Works Outreach Bible School of Ministry.

Brother Harper has a passion to share God's "Word" with anyone having ears to hear what *"thus saith the Lord."* His desire is for God's Word to prosper in that which it was sent and that none will be lost or perish. The vision of Enon Baptist Church includes working to develop a youth ministry and support missions for the relief of the poor.



"Footsteps in The Word"

*"Ponder the path of thy feet, and let all thy ways
be established" (Proverbs 4:26)*

"True Abundant Living"

Rev. Georgetta Head

We hear a lot today about **"Living the Abundant Life"** or **"Walking in Your Destiny," "Name It and Claim It," "Sowing Seeds for blessings,** and many other programs claiming prosperity living. Now, if these formulas worked, don't you think every professed Christian would be wealthy and living the American dream? I've been serving in ministry for many years, and God has led me to minister to many individuals who believed these prosperity programs but have become discouraged because these program's formulas didn't make them wealthy, nor fix their problems. Some have come to believe life as we know it is all they can ever hope for; and when we die this is the end of our life. How sad! Fortunately, their way of thinking is wrong. Most individual's choose to think this way because they have been badly deceived and now don't want to accept God on His terms, which is a "faith walk." Listening to the wrong voice can cause much harm to an individual's life. John 10:10 gives us an understanding as to whose voice is misleading many by deception – it is our enemy satan. Satan takes the truth of God's word and distorts it just enough to deceive the hearer about God's promises, leaving his victim confused and discouraged about God. John 10:10 teaches three powerful truths regarding "abundant living:"

Truth Number One: Satan is the master deceiver. He lies to Believers and Unbelievers regarding the promises and benefits of the Kingdom of God! Satan doesn't care who His victim is, rich, poor, young or old, as long as he can deceive them and keep them from believing God and His Word. He knows the Word is powerful and can set a victim free from any sin! *Jesus made two "powerful" statements in John 10:10 as to why He came to earth:* "He came that we might have life" and *"and that we might have it more abundantly."*

Truth Number 2: Jesus offers **"eternal life"** to *whosoever will believe* in Him and what He did on the Cross. Now that's prosperity! When we become the children of God through the "born again" experience, we have been set free to live life on earth by experiencing the benefits from heaven on earth. The Children of God have the "Spirit of the Living God," which is "Holy Spirit," dwelling in them. A **"living life"** that money nor programs can buy! Holy Spirit guides us into receiving our spiritual blessings. Prosperity programs can't guarantee spiritual blessings, our **FAITH** in God does!

Truth Number Three: Every believer can live life more abundantly. God is not partial! But we need to prioritize our way of living by putting God first. Money and material possessions doesn't give anyone **"life more abundantly."** *Jesus and what He did on the Cross is what gives us "life more abundantly."* If you are having financial problems, the Bible records many scriptures about money management along with principles for obtaining financial security. Living life more abundantly is having the peace of God, which is the greatest wealth we could ever have. Peace the world will never know! With God's peace nothing will move us, we will be content in our season of life trusting God for our every need.

If you are not living an abundant life, found only in Christ, *James 4:3* tells us **"ye ask, and receive not, because ye ask amiss,"** In other words, what is your motive for asking? So, I encourage you to set aside time every day to read and study the Word. Satan can't deceive you if you know the Truth. If you are in need, don't seek programs, instead, seek God's Word for your answers and help. And remember, God doesn't work the same in everyone's life! No two testimonies are the same – and no two blesses are alike! He doesn't manufacturer prosperity programs for His children. He blesses us according to our TRUST in Him, regardless of our needs. Friends, allow Holy Spirit to teach you True Abundant Living. The world system will never satisfy you, it will only destroy you!



Health Tips

Tips for Healthy Living

Healthy Living

Rev. Georgetta Head

United States is ranked 12th as one of the “*most obese countries in the world.*” Many studies attribute this to the fact that we have easy accessibility to calorie-rich foods, lack of much needed exercise, poor health, and various changes our bodies go through at different age periods, beginning at the age of 30 (metabolism slowing down). So the question is, are you trying to lose weight? If yes, how are you going about losing weight? Have you been successful in losing weight and keeping it off?

Losing unwanted weight is not difficult! It is a change of mindset! A change in how we see food in the area of nutrition and value for the body; and how we understand that calorie-rich foods are nothing more than temptation. Ask yourself why do you eat “empty junk food” filled with sugars and other ingredients that are very harmful to the body. Empty junk food includes large amounts of sugar and refined flours which increases your hunger for more. These types of junk foods are designed to be addictive and harms the body. 1 Corinthians 6:12 (NASB) says, “*All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.*” Now Ask yourself, are going to allow yourself to be tempted by unhealthy cravings for foods that bring harm to your body, such as diabetes, heart disease, inflammation, etc., especially foods that add nothing good to the body.

Foods your body really crave are vegetables, nuts, seeds, berries and lean protein. Eating these types of food will leave you feeling more satisfied and you will find yourself eating less and not desiring those “empty-junk foods,” plus you will have more energy. If you are trying to shed a few pounds, and if you are up to a challenge, why not fast for 21 days from empty junk food that leaves you tired and hungry! Eliminate the following foods from your diet for 21 days: **sugar, breads, cookies, cakes, donuts, muffins, candy, pastries, chocolate, white bread, ice cream, fast foods, chips, fried foods, and sodas.** Replace them with vegetables, berries, nuts, and lean protein and watch the pounds disappear.

Don't forget God gave us two feet! Use those feet for walking! If you have never walked for exercise, start with 15 minutes a day and work your way up to one hour a day walking. This is good exercise for everyone and not very difficult to achieve. Actually, you will get to know your neighbors and shed a few pounds in the process!

People, Places, or Things In The Bible

Did you know the that the Moabites, Ammonites, and Edomites are related to the children of Israel?

The Moabites descended from Moab, they are described as being descendants of Ben-ammi, who was the son of Lot (Abraham's nephew) and Lot's oldest daughter (Genesis 19:37). The kingdom of Moab stretched “north and south of the Arnon River” with its capital at Dibon. The Moabites worshiped the god Chemosh, dating to the end of Late Bronze Age. Ruth was from the Moabites! The Moabites are cousins to the children of Israel!

The Ammonites descended from Ben-ammi, who was the son of Lot (Abraham's nephew) and Lot's younger daughter (Genesis 19:38). The capital of the Iron Age kingdom of Ammon was Rabbah, which is located at modern-day Amman, Jordan. The Ammonites' worshiped the god Milcom. The Ammonites are cousins to the children of Israel!

The Edomites are descendants of Esau, Jacob's twin and Isaac's oldest son (Genesis 36). The Edomites controlled an area east of the Arabah, from the Zered to the Gulf of Aqaba. Their capital was Bozrah, which sat in the northern part of their territory. Although no name of an Edomite deity is given in the Bible, archaeologists know from inscriptions that the Edomites' worshiped the god of Qaus (or Qos). Esau and Jacob/Israel are brothers!

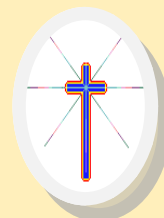


To:

Have a prayer request?

Log onto our website www.JourneyThroughLifeMinistries.net/prayer.html
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"do you know that God loves you?"



"do you know that God forgives?"

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What Must I Do to Be Saved?

Believe in Jesus and pray the "sinner's prayer" below!

Dear Jesus, I come to you today as a lost sinner. I am asking that you save my soul and cleanse me from all sin. I know that I need help and that I can't save myself.

I believe that you are the Son of God. Forgive me for my sins and all wrong doings I have done to others and help me to forgive those who have hurt me. I believe that you died on the Cross for my sins and the sins of the world. I accept You, Jesus, into my heart as my Lord and Savior.

I confess with my mouth the Lord Jesus, as my Savior and believe in my heart that God has raised Him from the dead and You are now seated in Heaven.

=====
Congratulations!

You are a "new creature in Christ and a child of God!" Now share the "good news" by telling someone else about your salvation.